

# 2026 Q3 BSS Psychology Wellbeing Calendar



**JULY**

**Wellbeing Support**

## Support to Manage Sleep, Money and your Diet

We know how our physical wellbeing and stress levels can impact our mental health. Did you know as part of your EAP service with BSS, in addition to counselling, you can now access confidential support around better sleep, nutrition and financial coaching to help manage everyday challenges? Through our Better Sleep Program, we can assist with sleep mapping and hygiene. Our Financial Coaching offers support with budgeting, money management, and planning for life changes, including navigating redundancy or employment transitions. Our Dietitian Support can help improve mood and mental health through nutrition, sustainable weight management (loss or gain), gut health, eating disorders, and sports and performance nutrition.

To book a session, call **1800 30 30 90**, webchat at [bsspsych.com.au](https://www.bsspsych.com.au) or email [appt@bsspsych.com.au](mailto:appt@bsspsych.com.au)



**5-12 NAIDOC WEEK**



**13-17 BIRTH TRAUMA AWARENESS WEEK**

 [The Importance of Sleep](#)



**AUGUST**

**Mental Health for our Tweens and Teens**

## Power of Self Concept

A strong self-concept acts as a protective shield for youth, helping them navigate social media, peer pressure, and stress. It refers to how individuals see and define themselves, their beliefs, feelings, and thoughts about their abilities, values, and identity.


When youth have a clear and positive self-concept, they are less likely to compare themselves negatively to others or conform to unrealistic standards. This inner confidence reduces vulnerability to peer pressure and promotes healthier decision-making.

Practicing self-compassion, limiting harmful influences like negative social media, and celebrating one's uniqueness further strengthen self-concept. A well-developed self-concept fosters emotional resilience, helping youth cope with anxiety and stress while boosting overall well-being. Supporting its development is essential for helping young people thrive in today's complex world.



**12 INTERNATIONAL YOUTH DAY**

**17-21 BULLYING - NO WAY WEEK**

 [A Survival Guide to Adolescence](#)



**SEPTEMBER**

**Women's Health**

## Women's Health Week 7 - 11 September

This Women's Health Week, we encourage workplaces to continue to create safe spaces for women to discuss their concerns and experiences. This can include regular check-ins and anonymous feedback systems.

Encouraging open dialogue about mental health and normalising discussions about stress and mental health to help to reduce stigma and support help seeking behaviour. By addressing these aspects, organisations can create a safer and more supportive work environment for women, promoting both their mental well-being and overall job satisfaction.

Seeking professional support is always an option.

Our clinicians can work with you and your team to develop personalised plans that may include practical techniques such as mindfulness, along with other strategies offered through our Wellness Support Program to assist women at work.



**10 WORLD SUICIDE PREVENTION DAY**

**11 R U OK? DAY**

 [Rushing Women's Syndrome - Doing it all](#)

